



# PEPTIC PRECEPTS:

POINTING OUT

AGREEABLE AND EFFECTUAL METHODS

TO PREVENT AND RELIEVE

INDIGESTION,

AND TO

REGULATE AND INVIGORATE THE ACTION

OF THE

STOMACH AND BOWELS.



BY

THE AUTHOR OF THE COOK'S ORACLE.

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“Suaviter in modo, sed fortiter in re.”

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The Numbers affixed to the various articles of Food, &c. are those of the Receipts referred to in the "COOK'S ORACLE."

"For practical Receipts, we chiefly recommend "THE COOK'S ORACLE," in which, along with the plainest directions, there is more of the philosophy, and, if we may so speak, of the literature of *Gastronomie*, than in any work we have seen."—See the article FOOD, p. 344, in vol. iv. of the Supplement to the Edinburgh Encyclopædia Britannica.

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*Speedily will be published, by the same Author,*

THE ART of INVIGORATING and PROLONGING  
LIFE, and CURING NERVOUS and BILIOUS  
DISORDERS, by DIET and REGIMEN.

"Coquina est optima Medicina."

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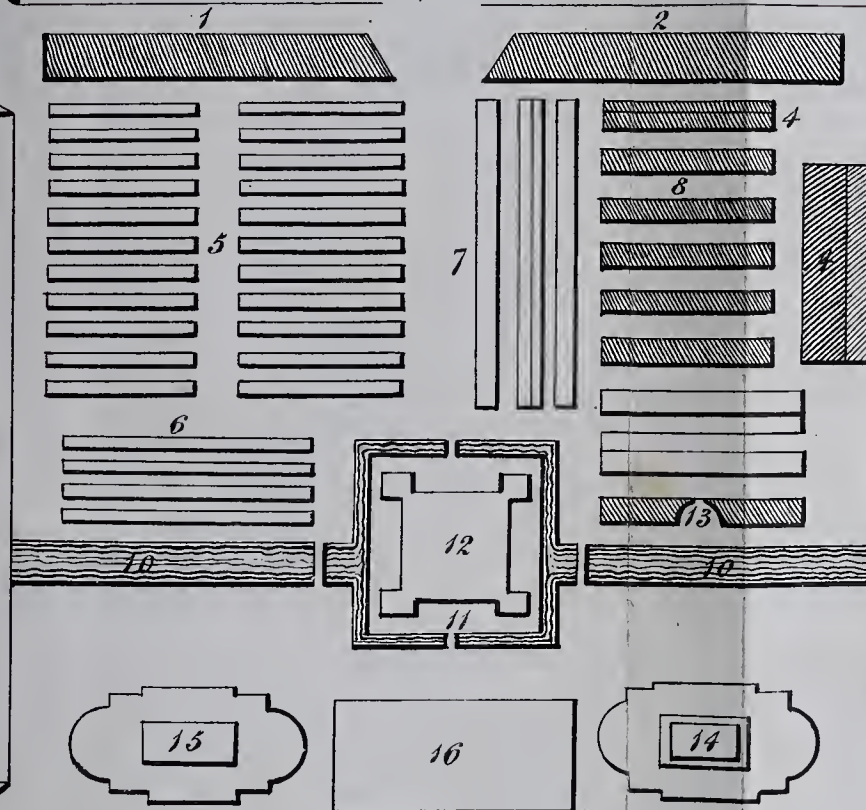
# Plan

N<sup>o</sup> 3

N<sup>o</sup> 9.

- 1. 2. Warehouses
- 3 Slaughter-yard
- 4 Stables
- 5 Streets
- 6 Houses for Tanners
- 7 D<sup>o</sup> for Bakers
- 8 Store-houses
- 9 Cemetry
- 10 Canal

- 11 Island
- 12 Factory
- 13 Warehouse
- 14 Temple of Wisdom
- 15 D<sup>o</sup> of Happiness
- 16 Government Hall
- 17 Garden of Pleasure
- 18 D<sup>o</sup> of Praise.



N<sup>o</sup> 18

N<sup>o</sup> 17

## OF THE TOWN.

J. Thimbleby, inv<sup>t</sup>.

S. Woodhouse, fecit.

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## PEPTIC PRECEPTS.

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NOT one Constitution in an hundred, is so happily constructed or is constantly in such perfect adjustment, that the operations of the Abdominal Viscera (on which every other movement of the system depends) proceed with healthy regularity.—The following hints will point out to the Reader, how to employ Art to afford that assistance to Nature, which in Indisposition and Age, is so often required.

To humour that desire for the marvellous, which is so universal in medical (as well as in other) matters, the makers of *Aperient Pills* generally select the most DRASTIC PURGATIVES, which operating considerably, in a dose of a few grains, excite admiration in the patient, and faith in their powers, in proportion, as a small dose, produces a great effect,—not considering, how irritating such materials must be, and consequently how injurious to a Stomach in a state of debility, and perhaps deranged by indulging Appetite beyond the bounds of moderation.

INDIGESTION will sometimes overtake the most experienced Epicure;—when the gustatory nerves are in good humour, Hunger and Savoury Viands will sometimes seduce the Tongue of a “*Grand Gourmand*” to betray the interest of his Stomach, in spite of his Brains.

On such an unfortunate occasion, whether the intestinal commotion be excited by having eaten too much, or too strong food—lie down—have your Tea early after Dinner—and drink it warm. This remark is a hint to help the Invalid, whose digestion is so delicate, that it is sometimes disordered by a meal of the strictest Temperance. If this does not produce effectual relief in a short time, and the anxiety, &c. about the stomach does not speedily abate, and the patient is far advanced in years, apply the “*Stomach Warmer*.” This valuable companion to Aged and Gouty subjects, may be procured at No. 58, Haymarket.

A certain degree of Heat is absolutely necessary to excite and support a regular process of digestion; and when the circulation is languid, and the food difficult of solution, in aged persons and Invalids,—*External Heat* will considerably assist concoction, and the application of this califacient concave will enable the Digestive



organs to overcome refractory materials, and convert them into laudable Chyle.

Unless the Constitution is so confoundedly debilitated that the circulation cannot run alone—Abstinence\* is the easiest, cheapest, and best cure for the disorders which arise from *Indigestion* or *Intemperance*. I do not mean what Celsus calls the first degree of it, “when the sick man takes nothing,” but the second, “when he takes nothing but what he ought.”

The Chylopoietic organs are uncomfortable when entirely unoccupied, and when the stomach is too tired to work, and too weak to be employed on actual service, it desires something to be introduced to it that will entertain it till it recovers its energy.

After INTEMPERATE FEASTING one day, let the food of the following day be liquid, see (No. 572,) made with broth, or of such materials as are easy of solution.

Various expedients have been recommended for preventing and relieving the disorders arising from too copious libations of “the Regal purple Stream.”

\* “By adopting an abstinent plan of diet, even to a degree that produces a sensation of want in the System, we do that which is most likely to create appetite and increase the powers of digestion.”—ABERNETHY'S Surg. Obs. 68.

When a good fellow has been sacrificing rather too liberally at the shrine of the Jolly God, the best remedy to help the Stomach to get rid of its burthen, is to take for supper some GRUEL, (No. 572,) with half an ounce of Butter, and a teaspoonful of *Epsom Salt* in it; or two or three *Peristaltic Persuaders*, which some Gastropholists take as a provocative to appetite, about an hour before Dinner.

Some persons take as a "*sequitur*" a drachm of *Carbonate of Soda*, others a teaspoonful of *Calcined Magnesia*. When immediate relief is required, never administer this uncertain medicine, which, if the stomach contains no acid to dissolve it, will remain inert; we only advise it to be taken when Heart-burn and symptoms of acidity are manifest. As a *Finale* the day of the Feast, or the *Overture* of the day after, take (No. 481\*,) or two drachms of *Epsom Salt* in half a pint of Beef Tea,—or some *Tincture of Rhubarb* in hot water,—the first thing to be done is to endeavour to get rid of the offending material.—A breakfast of *Beef Tea* (No. 563,) is an excellent restorative; and when the languor following hard drinking is very distressing, indulge in the horizontal posture; nothing relieves it so effectually, or so soon cheers the circulation, and sets all right;—get

an early luncheon of a well seasoned Chop, or (Nos. 92 or 94,) or some savoury and easily digestible and nutritive Relish.

HARD DRINKING is doubly debilitating, when pursued beyond the usual hour of retiring to rest.—Those devotees to the Bottle, who never suffer the orgies of Bacchus to encroach on the time which Nature demands for Sleep,—escape with impunity, many of the evils which soon and irreparably destroy the health of the Midnight reveller.

A facetious observer of the inordinate degree in which some people will indulge their Palate, to the gratification of which they sacrifice all their other senses,—recommends such to have their Soup seasoned with a tasteless purgative, as the food of insane persons sometimes is, and so prepare their bowels for the hard task they are going to give them!!

To give the Stomach a holiday occasionally by a liquid diet,—is one of the most agreeable and most wholesome ways of restoring its tone ;—or if your Appetite fail, take additional Exercise,—or dine half an hour later than usual, and so give time for the Gastric juices to assemble in full force ;—or dine upon *Chinese soup, i. e.* tea.

If these simple means are ineffectual,—the

next step is to produce energetic vibration in the alimentary tube, without exciting inordinate action, or debilitating depletion; and to empty the bowels, without irritating them.

THE STOMACH is the centre of sympathy: if the most minute fibre of the human frame be hurt, intelligence of the injury instantaneously arrives;—and the Stomach is disturbed in proportion to the importance of the member, and the degree in which it is offended.

If either the body or the mind be fatigued, the stomach invariably sympathizes; and if even the most robust do any thing too much, the stomach is soon affronted,—and does too little:—unless this main-spring of health be in perfect adjustment, the machinery of life will vibrate with languor;—especially those parts which are naturally weak, or have been injured by accidents, &c.

Of the various helps to Science, none perhaps more rapidly facilitate the acquirement of knowledge, than analogical reasoning; and illustrating an Art we are ignorant of, by one we are acquainted with.

THE HUMAN FRAME may be compared to a Watch, of which the Heart is the mainspring—the Stomach the regulator,—and what we put into it, the Key by which the machine is

wound up ; according to the quantity, quality, and proper digestion of what we eat\* and drink, will be the pace of the pulse, and the action of the System in general : when we observe a due proportion between the quantum of exercise and that of excitement, all goes well. If the machine be disordered, the same expedients are employed for its re-adjustment, as are used by the watch-maker ; it must be carefully cleaned, and then judiciously oiled.

INDIGESTION, or, to use the term of the day, a *Bilious Attack*, as often arises from over exertion, or anxiety of the mind, as from refractory food ; it frequently produces FLATULENCE†, and flatulence produces *Palpitation of the Heart* ; which is most difficult to stop,

\* “ It is but increasing or diminishing the velocity of certain fluids in the animal machine, to elate the soul with the gayest hopes, or to sink her into the deepest despair ; to depress the Hero into a Coward, or advance the Coward into a Hero.”—FITZOSBORNE’S *Letters*, L. viii.

† “ Whenever this living machine (the stomach) ceases for an instant to perform its proper office, its contents suffer chemical combinations and decompositions, which are both troublesome and injurious. The extrication of Air, and the generation of Acid, are among the first symptoms of deranged gastric digestion ; and hence flatulence and heart-burn.”—Dr. J. JOHNSON *on Derangement of the Liver*, &c. 3d edit. 1820, p. 29.

when it comes on about an hour or two after a meal;—the Stomach seems incapable of proceeding in its business, from being over distended with wind, which pressing on the heart and larger vessels, obstructs the circulation: as soon as this flatulence is dispelled, all goes well again: inflating the lungs to the utmost, *i. e.* taking in as much breath as you can, and holding it as long as you can, will sometimes act as a counterbalance, and produce relief.

This is the first thing to do when this distressing spasm attacks you,—if it is not immediately checked; take a strong *Peppermint*, or *Ginger Lozenge*, sit,—or if possible lie down, and loosen all ligatures;—if this does not soon settle it, drink some stimulus: sometimes a tea-cupful of *hot water* will suffice,—or a couple of glasses of *Wine*,—or one of *Brandy* in two of hot water: either of these will generally soon restore sufficient energy to the Stomach, to enable it to expel the enemy that offends it, and set the circulation to work freely again.

If this complaint comes on when the Bowels are costive, they must be put into motion as speedily as possible, by some of the means recommended in the following pages. It will sometimes come on during the collapsed state of the system, from FASTING TOO LONG.



Persons, who take no food between an early Breakfast and a late Dinner, generally complain of *Flatulence*, *Languor*, &c. for the hour or more before Dinner;—and *Heartburn*, &c. after it:—the former arising from fasting too long, the latter from indulging an appetite so over excited, that a Baron of Beef, a Pail of Port Wine, and a Tubful of Tea, will hardly satisfy it—both the languor of inanition, and the fever of repletion may be easily avoided by eating a LUNCHEON, which should be solid and nutritive, in proportion as the DINNER is protracted, and the activity of the Exercise taken in the mean time:—the oftener you eat, the less ought to be eaten at a time; and the less you eat at a time, the oftener you ought to eat: a weak Stomach has a much better chance of digesting two light meals, than one heavy one.

If it arises from general Debility, strengthen the Stomach, by taking twice a day THE TONIC TINCTURE (No. 569), and occasionally assist the Bowels with *Peristaltic Persuaders*.

Those who are subject to such attacks, should always travel armed with a *Pocket Pistol* charged with a couple of glasses of *White Wine*, or “*veritable Eau de Vie*.”

That distressing interruption of the circula-

tion, which is called "NIGHTMARE," Globus Hystericus," "Spasms," "Cramp," or "Gout," in the Stomach, with which, few who have passed the meridian of Life\*, are so fortunate as not to be too well acquainted, we believe to arise from the same causes which in the day produce Palpitation of the Heart.

\* "It is at the commencement of decline, *i. e.* about our 40th year, that the stomach begins to require peculiar care and precaution. People who have been subject to Indigestions before, have them then more frequent and more violent; and those who have never been so afflicted, begin to suffer them from slight causes: a want of attention to which too frequently leads to the destruction of the best constitutions, especially of the studious, who neglect to take due exercise. The remedy proposed is Ipecacuanha, in a dose that will not occasion any nausea; but enough to excite such an increased action of the vermicular movement of the stomach, that the phlegm may be separated and expelled from that organ.

"The effects of it surpassed his most sanguine hopes: by the use of it, notwithstanding he had naturally a delicate constitution, he weathered the storms of the Revolution, &c." and he lived to be 84.

The above is an extract from Dr. BUCHAN's translation of Mr. DAUBENTON's *Observations on Indigestion*. This treatise brought Ipecacuanha Lozenges into fashion, as the most easy and agreeable manner of taking it: they contain about one-sixth of a grain, and are prepared and sold by SAVORY and MOORE, Chemists, in Bond Street.

The Editor is now in his forty-third year, and has been from his youth occasionally attacked with both these disorders ; sometimes without being able to imagine what has produced them,—sometimes he has not been attacked with either of these complaints for many months ; they have then seized him for a week or more,—and as unaccountably ceased.

THE NIGHTMARE has generally come on about three o'clock in the morning, at the termination of the first, or rather at the commencement of the second sleep ;—quite as often when he has taken only a liquid supper, as when he has eaten some solid food, and gone to bed soon after ;—and most frequently after he has dined out : not from the quantity, but the quality of the food and drink he has taken, the change of the time of taking it, and the omission of the *Siesta* afterwards. The fatigue attending his performance of *Amphytrion*, at his own table, has also occasionally produced it. It is certainly not to be prevented by Abstinence,—and is only to be relieved by Stimulants ; or when the Disorder is very great, some *Tincture of Rhubarb*, &c.

Some Persons are peculiarly subject to it when they lie on their back, others if on their

left side : when the Editor has any disposition to this malady, it is certainly exasperated if he lays upon his right side.

When this appalling pause of the circulation takes place he wakes, with the idea that another minute of such suspended action will terminate his existence :—his first recourse is to force the action of the lungs, by breathing as quick and as deep as possible.—He feels very languid, and to prevent a return of the fit, drinks a couple of glasses of *White Wine*, or half a wine-glass of *Brandy*, in a wine-glass of *Peppermint Water*.—Sometimes the disorder does not terminate with one paroxysm, but recurs as soon as sleep returns : when this is the case, get half a tumbler of Hot Water, add to it a wine-glass of *Peppermint Water*, and half that quantity of *Tincture of Rhubarb*, or fifty drops of *Sal Volatile*, or both.

The symptom of security from a repetition of the Fit, is a vermicular sensation, betokening that the peristaltic motion is restored to its regular pace again.

His belief that many sudden and unaccountable Deaths in the night have arisen from Invalids not knowing how to manage this complaint, induced the Editor to relate his own personal experience of this Disorder, and the

remedies which he has found effectual to remove it.

His case is very similar to what Dr. WHYTT relates of himself, in his *Observations on Nervous, Hysterical, and Hypochondriac Disorders*, 8vo. 1767\*; of which Dr. CULLEN, in p. 10 of his *Clinical Lectures*, says, “ he has done more than all his predecessors.”

\* Dr. W. says: “ When the Stomach is in a sound state, and Digestion is properly performed, the spirits are good, and the Body is light and easy; but when that organ is out of order, a languor, debility, discontent, melancholy watchfulness, or troublesome dreams, the nightmare, &c. are the consequences. I have often been seized with a slight *Incubus*, attended with a faintness, as if the circulation was a good deal obstructed, before I was fully asleep, which has made me get up suddenly: while I lay awake I felt nothing of these symptoms, except some degree of uneasiness about my stomach; but when I was just about to fall asleep, they began to return again.” “ In this way I have gone on for two or three hours or more, in the beginning of the night. At last, I found that a dram of *brandy*, after the first attack, kept me easy the whole night,” p. 312. “ When affected with uneasy sensation from wind, I have not only been sensible of a general debility and flatness of spirits, but the unexpected opening of a door, or any such trifling unforeseen accident, has instantly occasioned an odd sensation about my heart, extending itself to my head and arms, &c. At other times, when my stomach is in a firmer state, I have no such feeling; at least, in a very small degree, from causes

Mr. WALLER has written a very sensible Essay on the *Nightmare*—those who are much afflicted with it cannot lay out 3s. 6d. better, than in buying it—12mo. 1816. He says it most frequently proceeds from acidity in the Stomach, and recommends *Carbonate of Soda*, to be taken in the beer you drink at dinner. He tells us “he derived his information, as to the cause, and cure of this distressing disorder, from a personal acquaintance with it for many years.”

How devoutly it is to be wished that Medical men would follow good old SYDENHAM and Mr. WALLER's example, and give us a register of the progress of those chronic complaints which they have themselves been afflicted with, and the regimen, &c. which they have found most effectual to alleviate and cure them;—and, instead of what they think,—write only what they know, as the pains-taking SPALLANZANI, and the persevering and minutely

which might be thought more apt to produce them. Fainting, Tremors, Palpitations of the Heart, convulsive motions, and all those disorders which are called nervous, &c. &c. are often owing more to the infirm state of the first passages, than to any fault either in the Brain or Heart,” p. 132, &c.



accurately observing Dr. STARK, have in their *Dietetical Experiments*.

Dr. WHYTT has immortalized himself by the candid relation of his own infirmities, and his circumstantial account of the Regimen, &c. which enabled him to bear up against them, which forms the most valuable collection of observations on Nervous complaints, that experience and liberality have yet presented to the public.

*One page of unerring PERSONAL EXPERIENCE, is worth folios of theoretic Fancies, or Clinical Cases,* which can only be illuminated by the twilight of conjecture:—they may be faithful narratives of the accounts given by Patients, yet, as these are very often imposed upon by their imagination attributing effects to very different causes than those which produce them, they are often very inaccurate deductions.

When the Stomach sends forth eructant signals of distress, for help against Indigestion, the *Peristaltic Persuaders* (see the end of this Essay) are as agreeable and effectual assistance as can be offered; and for delicate Constitutions, and those that are impaired by Age or Intemperance, are a valuable Panacea.

They derive, and deserve this name, from the

peculiar mildness of their operation\*. One or two very gently increase the action of the principal viscera, help them to do their work a little faster, and enable the Stomach to serve with an ejection whatever offends it, and move it into the Bowels.

Thus *Indigestion* is easily and speedily removed,—*Appetite* restored,—(the mouths of the absorbing vessels being cleansed) *Nutrition* is facilitated,—and *Strength* of Body, and *Energy* of Mind †, are the happy results.

If an immediate operation be desired, take some *Tincture of Rhubarb*—as a *Pill* is the most gentle and gradually operating form for a drug—a *Tincture* in which it is as it were ready digested, is the most immediate in its action.

TO MAKE TINCTURE OF RHUBARB.—Steep three ounces of the best Rhubarb (pounded) and half an ounce of Carraway Seeds, (pounded) in a bottle of Brandy, for ten days. A table-spoonful in a wine-glass of hot water will gene-

\* A Pill is the mildest form of administering Medicine, because of its gradual solution in the Stomach. The same quantity of the same material, taken in a draught, produces a very different effect.

† “He that would have a clear Head, must have a clean Stomach.”—CHEYNE on Health, p. 34.

rally be enough,)—or *Compound Tincture of Senna*, which has been recommended, especially to those who have accustomed themselves to the use of spirituous Liquors and high living. Several similar preparations are sold under the name of *Daffy's Elixir*—or as much EPSOM SALT, in half a pint of hot water, as experience has informed you, will produce one motion, a tea-spoonful (*i. e.* from one to two drachms) will generally do this—especially if it be taken in the morning, fasting, *i. e.* at least half an hour before Breakfast.

*The best way of covering the taste of Salt*, is to put a lump of Sugar and a bit of thin-cut Lemou Peel into the hot water, for a few minutes before you stir the Salt into it,—to which you may add a few grains of grated Ginger.

EPSOM SALT is a *very speedy laxative*, often operating within an hour,—does the business required of it with great regularity,—and, perhaps, is more uniform in what it does, and when it does it, than any Aperient;—ten minutes after you have taken it, encourage its operation by drinking half a pint, or more, of warm water—weak Broth—Tea—thin Gruel (No. 572), with some salt and butter in it—or *Soda Water* (No. 481\*.)

“ *Nil tam ad sanitatem, et longevitatem con-*

*ducit, quam crebræ et domesticæ purgationes.*”—  
 LORD BACON.—*i. e.* “Nothing contributes so much to preserve Health, and prolong Life, as frequently cleansing the alimentary canal with gentle laxatives.”

We perfectly agree with Lord Bacon, and believe that in nine cases out of ten, for which TONIC MEDICINES are administered, *Peristaltic Persuaders* will not only much more certainly improve Appetite, but produce the effect desired of invigorating the Constitution, by facilitating the absorption of nutriment,—which, in aged and debilitated people, is often prevented—by the mouths of the vessels being half closed by the accumulation of viscid mucus, &c.

*The most favourable opportunity to introduce an Aperient to the Stomach*, is early in the morning, when it is most unoccupied, and has no particular business of concoction, &c. to attend to; *i. e.* at least half an hour before Breakfast.

APERIENT MEDICINE does enough, if it increases the customary Evacuation,—and does too much, if it does more, than excite one additional motion.

Bowels which are forced into double action to-day—will consequently be costive to-morrow,

and Constipation—will be caused by the remedy you have recourse to to remove it,—this has given rise to a *Vulgar Error*,—that the use of even the mildest laxative is followed by costiveness.

*Rhubarb* is particularly under this prejudice, perhaps, because it has been more frequently employed as a domestic remedy,—and unadvisedly administered in either too little, or too large a Dose. It has, however, been recommended by a Physician\* of acknowledged ability, and extensive experience.

People are often needlessly uneasy about the action of their Bowels.—If their general Health is good, and they have neither Headach nor other deranged sensations, and they live temperately,—whether they have two motions in one day, or one in two days, is not of much consequence;—however, that the Alvine Excretion should take place regularly is certainly most desirable; especially in the decline of Life, *i. e.* after thirty-five years of age, when the elasticity of the Constitution begins to diminish.

To acquire a habit of regularity, Mr. Locke advises that “if any person, as soon as he has

\* “If the Bowels are constipated, they should be kept regular by a Pill of *Rhubarb* of five grains every morning.”  
—*PEMBERTON on the Abdominal Viscera*, p. 113.

breakfasted, would presently solicit nature, so as to obtain a stool, he might in time, by a constant application, bring it to be habitual."

"I have known none who have been steady in the prosecution of this plan, who did not in a few months obtain the desired success."—*On Education*, p. 23, &c.

It will facilitate the acquirement of this salutary evacuation, to take at night such a dose of an aperient medicine, as experience has pointed out, as just sufficient to assist nature to produce a motion in the morning.

THE DELICATE AND THE NERVOUS will derive great advantage from keeping a register of their health, and should note and avoid whatever disagrees with their digestive organs—they should endeavour to ascertain, what kind, and quantity of Food—Exercise—Occupation and Pleasures, &c. are most agreeable to their Constitution, and take them at those regular periods, which appear most convenient to them. However this advice may excite the smiles of those who are swelling "in all the pride of superfluous health,"—such methodical movements will considerably improve the Enjoyment, and prolong the Life of the Valetudinary and the Aged.

HABITUAL COSTIVENESS is not curable by



Drugs alone, and is most agreeably corrected by *Diet and Regimen*, those most important, and only effectual, although much neglected (because little understood) means of permanently alleviating Chronic Complaints, for which

“Coquina est optima Medicina.”

Strong Constitutions are generally Costive, —that perfect and vigorous action of the absorbents, which is the cause of their strength, is also the cause of their Constipation :—

“Oportet sanorum, sedes esse figuratas.”

This ought to make them content,—but the constipated are for ever murmuring about a habit—which, if managed with only moderate care,—is the fundamental basis of Health and Long Life. A little attention to Regimen will generally prevent it—a simple laxative will suffice to remove it—and neither will be often necessary, for those who observe a deobstruent Diet—take proper Exercise in a pure Air—sufficient liquid food—and eat freely of Butter, Salt, and Sugar.

The peculiarity of most Constitutions is so convenient, that almost all costive persons—by attending to the effects which various aliments produce upon their Bowels—may find, in their

usual food and drink, the means of persuading their sluggish viscera to vibrate with healthful celerity.

A Supper or Breakfast of thin Gruel, (No. 572,) with plenty of Butter and Salt in it,—Ripe Fruits, particularly Grapes, Strawberries, Raspberries, &c.; or Honey, Treacle, roasted Apples, stewed Prunes, dried Figs, Raisins, French Plumbs, &c.;—or undressed Vegetables, *i. e.* Salads, will almost always produce the desired effect, especially if put into the Stomach early in the morning.

SALAD OIL is a very pleasant Peristaltic Persuader, which, by the following means, may be introduced to the most delicate Stomach, without any offence to the most refined palate.

Rub together a table-spoonful or two of Olive Oil, with the yolk of an Egg boiled hard, (No. 547,) add a little Vinegar and Salt to it, and eat it as a Sauce to a Salad of Mustard and Cresses,—or Lettuce,—Radishes,—Celery,—Cucumber, &c.;—or cold boiled Asparagus,—Cauliflower,—Carrot,—or Turnip,—Kidney or French Beans,—or Pease;—or Pickled Salmon, Lobster, Shrimps, Herrings, Sprats, or Mackerel, (No. 161,) or as a Sauce to cold Meat, &c.

You may give it an infinite variety of agreeable flavours; the ingredients to produce which

are enumerated in (No. 372) of THE COOK'S ORACLE.

Hypochondriac people are fond of taking Medicine at certain times, the spring and fall, —at the full or the new Moon, &c. whether they want it or not.—For those in Health to attempt to improve it by taking Physic, is absurd indeed. Remember the epitaph on the Italian Count —

“ I was well —  
Wished to be better —  
Took Physic — and died.”

Hypochondriasis — Spleen — Vapours — Nervous Debility, &c. are but so many different names for those Disorders which arise either from Chronic Weakness of the Constitution —or an inconsiderate management of it.—A man who has a strong stamina will bear irregularities with impunity—which a more delicate frame will suffer from greatly.

We do not laugh at the melancholy of the Hypochondriac, or consider his complaints as merely the halucinations of *un malade imaginaire*; but trace the cause of them to either weakness

of the Stomach — ineffective performance of the restorative Process — insufficiently nutritive Diet — or depression of the vital and animal functions from over-exertion of either the mind or the body : — which nothing but rest and nutritive food can repair.

The Editor of this little treatise has had from his Youth to bear up against an highly irritable nervous system, — the means he has found useful to manage and support it, he is now recording for the benefit of that numerous class of Nervous Invalids, which he believes are sufficiently numerous to induce him to print a large impression of the work, which will be published on Midsummer day next, and be entitled the **ART OF INVIGORATING AND PROLONGING LIFE, BY DIET AND REGIMEN.**

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We advise our Friends — never to call in even the gentle aid of Peristaltic Persuaders, — but when Instinct absolutely insists upon it — taking a liquid meal, instead of a solid one, or using more exercise, will often answer the purpose ; —

and, as Mr. Jones very sensibly observes, “if people will by no means rest from constantly tampering with laxatives, instead of using exercise, the habit of using the *lavement* every evening cannot be so destructive, as it irritates only *twelve inches* of intestine, and spares raking down the other *thirty-nine feet*.” — See *Med. Vul. Errors*, p. 44.

RELAXED BOWELS\* are often extremely unmanageable and difficult to regulate—and are the principal cause of that Chronic Weakness which is so generally complained of, and of many other distressing Disorders.

If the Bowels are unfaithful to the Stomach, and, instead of playing fair,—let go their hold of the “*Pabulum Vitæ*,” before the Absorbents have properly performed the process which that grand organ has prepared for them—Nutrition will be deficient; and Flatulence, &c. &c. Giddiness,—Spasms,—Head-ache,—and Back-ache,—and what are called *Bilious and Nervous*

\* “People who have relaxed bowels have seldom strong thoughts or strong bodies.”—LOCKE *on Education*, sec. 23.

“The cure for relaxed *Nerves* (the source of all chronic disorders) must necessarily begin at the Stomach. He who attempts to cure a nervous distemper without *firm* bowels—labours in vain; for it is impossible that the constitution of those who have slippery bowels should ever be braced.” —CHEYNE *on Long Life*, p. 107.

Disorders,—and all the Diseases incident to Debility, will attack you on the slightest cause.

Those who are afflicted with a relaxation of the Bowels, are advised to a dry diet, rather than a liquid one, and must submit to a regimen diametrically contrary to that we have recommended to cure Constipation.

They must live principally upon Animal Food sufficiently cooked, and stale bread, or biscuit; instead of Malt liquor (unless it be very mild and good Homebrewed Beer, which is the best of all Beverages) drink Beef-Tea, (No. 563), or good well made Toast and Water\* (No. 463\*), with about one-fourth part of wine, and a little sugar and grated Nutmeg or Ginger in it;—or if the Stomach be troubled with Acidity, or great Flatulence, one-eighth part of Brandy may agree with it better:—*whatever you eat and drink should be warmed.*

Be watchful of the effects of the food which

\* “To make TOAST AND WATER.—Cut a bit of the upper crust of Bread, about twice the thickness Toast is usually cut—toast it carefully, till it be completely browned all over, but not at all blackened or burnt: put this into a jug, and pour upon it as much boiling water as you wish to make into drink—cover the jug—let it stand till cold. The fresher made—the better. *Obs.*—A roll of fresh thin cut Lemon Peel or dried Orange Peel, infused with the Bread, is a grateful addition.



you take,—avoid whatever appears to irritate, and eat only that which experience has proved acceptable.

Irritable Bowels are excited to inconveniently increased action by any thing that the Stomach has either not the ability, or the inclination, to prepare for them, and Diarrhœa is the consequence.

When the Bowels get a trick of emptying themselves too often, a wine-glassful of the following mixture, taken twice or thrice a day, will generally cure them of it very speedily:—

R. Chalk mixture, six ounces.

Tincture of Cinnamon (No. 416\*), one ditto.

Opiate Confection, one drachm.

Mixed together.

If Diarrhœa continues obstinate, perhaps more powerful astringents\* may be necessary.

TINCTURE OF CINNAMON (No. 416\*) is one of the best cordial tonics—see also (No. 569) and (Nos. 413 & 15.)

OPIUM LOZENGES, containing a quarter of

\* Dr. Pemberton recommends the following Bolus:—

R. Kino. pulv. ʒj.

Confect. Opiat. gr. xii.

Misce. Fiat bolus, ter quotidie sumendus.

See his *Observations on the Diseases of the Abdominal Viscera*, 8vo. 1807, p. 140.

a grain each, and strongly flavoured with Oil of Peppermint, are recommended to those who are troubled with relaxed Bowels.

STRONG PEPPERMINT LOZENGES are the most effective portable carminative :—as soon as they are dissolved, their influence is felt from the beginning, to the end of the Alimentary Canal ;— they dissipate flatulence so immediately, that they well deserve the name of *Vegetable Æther* ; and are recommended to SINGERS AND PUBLIC SPEAKERS, as giving the most effective excitement to the organs of the Voice, and a support against the distressing effects of fasting too long.

N. B. All sorts of Lozenges are made, in the most superlative manner, by Mr. Smith, Fell Street, Wood Street, Cheapside.

Gargles, and local applications to strengthen the voice, are generally of little or no use, but a strong Peppermint Lozenge will excite temporary energy in the Throat.

THE POWER OF THE VOICE, depends upon the vigorous state of the system, supplying the organs of the voice with energy to execute the intentions of the Singer,—without which — an accurate Ear, and experienced Throat, will sometimes fail in producing the exact quality and quantity of tone they intend.

That the Voice is occasionally too flat, or too sharp, &c. is not a matter of astonishment to those who know the arduous task Singers have sometimes to execute.—If obliged to perform—before they are sufficiently prepared, and are quite satisfied and certain that they are perfect in all the points of the composition which are to produce effect—it is ten to one, but they sing some part a little out of tune, and the occasional failure of the most assiduous exertions must be expected; and cannot fairly be set down to a dearth of musical science or genius, but to premature production, &c. &c. paralysing the best efforts of the most scientific Musicians and most accomplished Singers.

We advise Singers, before they think about the Tune,—to attentively consider the value of the Words.—They will thus be able to protect themselves from falling into a false accent, and give satisfaction to the Poet as well as the Composer, and will have a double claim to the praise of all their auditors, who, now-a-days, are seldom treated with the double gratification of hearing the Words, as well as the Music.

Songs seldom can be sung, exactly as they are set, because the POETICAL is not coincident with the MUSICAL accent;—*it is no easy task, even to a Singer of superior ability, to re-*

*concile these differences between the Poet and the Musician*, so as to give full effect to the Poetry, and at the same time preserve the Melody. This applies, especially, to second verses of Songs, the words of which seldom fit the notes so well as those of the first stanza.

If those Words which should be spoken, were printed in *Italic*, — and those which should be sung, in Roman characters, with the assistance of the long accent (—) for the *forte*, and the short (～) for the *piano*, the business of the Singer would be learned twice as well, and twice as soon, and the Poet and the Composer will profit in the like proportion.

*So many circumstances must combine to give SINGERS full scope for their powers, that it is only wonderful that they ever perfectly succeed!!!*

With all physical advantages, matured by a regular musical education, the Singer must be in perfect good health and good humour with himself, and all about him — his mind must be in tune, before he has any chance of tuning his voice.

It is a maxim of the Italian School, that of the hundred requisites to constitute a fine Singer, a fine voice is ninety-nine parts: however, we believe the first requisite is a fine Ear; the second, a quick susceptibility of what the

Poet and Composer wish to express. To produce effect on others, the Performer must feel the passion he wishes to inspire his hearers with.

*To Sing effectively*—we must give to each Word its proper and characteristic expression, —and to each Syllable and crotchet its exact relative value;—but not BAWL upon—*from—to—of—in—and—but*, &c. merely because they stand under the accented part of the Bar. The mere warbling of Sounds,—without the distinct articulation of the Words,—does not deserve to be called SINGING: it is merely playing upon the voice—*A Concerto on the Larynx*.

The finest compositions frequently fail of producing half the impression they are capable of making on the mind, from being sung with an injudicious accent—which, once caught, is extremely difficult to cure.

Those whose business obliges them to sit up late, and requires both the mind and body, (as does that of a public performer at our theatres), to be in the most intense exertion between 10 and 12 o'clock at night, should avail themselves of the *Siesta*—half an hour's repose, in an horizontal posture, is the most beneficial preparative we can recommend.

A NAP after dinner will enable you to sit up late,—and to rise early, and take proper exercise in the morning.

A cup of good BEEF TEA\*, (No. 563,) taken about 10 o'clock, is an excellent restorative—and will support you through exertions—which, without such assistance, you find exhausting—and go to bed fatigued, and get up fevered, &c.

When Performers feel nervous, and fear the circulation is below *par*,—and too languid to afford the due excitement, half an hour before they sing, they will do wisely to take a little "*Balsamum Vitæ*"—see TINCTURE OF CINNAMON (No. 416,)—or tune their throats to the

\* To make BEEF TEA.—Cut a pound of lean gravy meat into thin slices—put it into a quart and half a pint of cold water—set it over a very gentle fire, where it will become gradually warm—when the scum rises, catch it, cover the saucepan close, and let it continue simmering gently for about two hours—then strain it through a fine sieve, or a napkin—let it stand ten minutes to settle—and then pour off the clear Tea.

N. B. An Onion, and a few grains of Black pepper, &c. are sometimes added. The above is the 563d receipt in the COOK'S ORACLE.—If the meat is boiled till it is thoroughly tender, you may mince it and pound it as directed in No. 503) of the Cook's Oracle—and make a dish of POTTED BEEF.

pitch of healthy vibration with a small glass of Johnson's\* "*Witte Curaçao*," or a glass of Wine, or other stimulus. To "wet your whistle," is sometimes as indispensably necessary, as "to rosin the bow of a Violin."—See "Observations on Vocal Music" prefixed to the Opera of IVANHOE, by Dr. KITCHINER.

SINGERS—are continually assailed by a variety of circumstances extremely unfavourable to their Health—especially from sitting up late at night—to counteract which—we recommend the *Siesta*, and plenty of Exercise in a pure Air—and, when they feel *Nervous* or *Bilious*, &c. give the Throat two or three days' rest—cleanse the Alimentary Canal with Peristaltic Persuaders—and corroborate the organs of Digestion with the Tonic Tincture, (No. 569.)

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### *To make FORTY PERISTALTIC PERSUADERS.*

Take,

Turkey Rhubarb, finely pulverized, two drachms.

Syrup, (by weight) one drachm.

Oil of Carraway, ten drops (minims).

Made into Pills, each of which will contain *Three Grains of Rhubarb*.

THE DOSE OF THE PERSUADERS must be adapted to the constitutional peculiarity of the

\* Brandy and Liqueur Merchant, Colorado, Bull M.



Patient — when you wish to accelerate or augment the Alvine Exoneration—take two, three, or more, according to the effect you desire to produce — two Pills will do as much for one person as five or six will for another; they generally will very regularly perform what you wish to-day,—without interfering with what you hope will happen to-morrow;—and are, therefore, as convenient an argument against Constipation as any we are acquainted with.

From two to four Persuaders will generally produce one additional motion within twelve hours; they may be taken at any time by the most DELICATE FEMALES, whose Constitutions are so often distressed by Constipation, (which is the cause of almost as many complaints as tight stays and thin clothes,) and destroyed by the drastic purgatives they take to relieve it.

Their agreeable flavour recommends them as the most convenient aperient for CHILDREN, whose indispositions most frequently arise from obstructions in the Bowels;—it is not always a very easy task to prevail upon a spoiled Child to take Physic;—therefore, we have made our Pill to taste exactly like Gingerbread.

For INFANTS, too young to swallow a Pill, pound it, and mix it with Currant Jelly, Honey, or Treacle.

ON THE FIRST ATTACK OF DISEASE—it may generally be disarmed by discharging the contents of the Bowels:—IN EVERY DISORDER the main point is carefully to watch, and constantly to keep up the activity of the Alimentary Canal—for want of due attention to this, millions (especially of children) have died of medicable disorders!!

FOR BILIOUS OR LIVER \* COMPLAINTS, (which are now the fashionable names for all those deranged sensations of the Abdominal Viscera—which as often arise from the want, as from the excess of Bile—and perhaps most frequently from *Indigestion*)—and for expelling WORMS †, for which it is the fashion to ad-

\* “A popular hypothesis is now very prevalent, which attributes nearly all Diseases to a disturbed state of the LIVER—for which, Mercurial drugs are lavished almost indiscriminately. The folly of expecting to repel this, or any other opinion which is favourable to the natural indolence of mankind, is obvious, especially when it is at the same time upholden by the empirical interests of greedy individuals.”—A. CARLISLE *on Old Age*, 2d edit. p. 88.

† “It is a dubious question, whether WORMS or the *Violent Purgatives* which are forced into the human Stomach, by the decisive energy of medical logic, to destroy and expel them, have been most destructive to the human species.”—WITHERS *on the Abuse of Medicine*, 8vo. 1794, p. 19 and 117.

minister *Mercury* \*, and other drastic mineral medicines, which are awfully uncertain in their operation;—if, instead of two or three times a week tormenting your Bowels with *corrosive Cathartics*, you take one or two gentle *PERSUADERS*, twice or thrice a day;—they will excite a gradual and regularly increased action of the Viscera—restore the tone of the Alimentary tube—and speedily and effectually cure the disorder, without injuring the Constitution.

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*Dr. KITCHINER'S TONIC STOMACHIC*  
*TINCTURE, (No. 569) is*

Peruvian Bark, bruised, one ounce and a half.

Orange Peel,      do.      one ounce.

Brandy, or Proof Spirit, one pint.

Let these ingredients steep for ten days, shaking the bottle every day—let it remain quiet two days—and then decant the clear liquor.

Dose—one or two teaspoonsful in a wine-glass of water, twice a day, when you feel lan-

\* “*MERCURY* and *ANTIMONY*, elaborated into Poisons by Chemistry—i. e. *Calomel*, *Emetic Tartar*, *James's Powders*, &c. have torn many a Stomach into rags, so that it could never bear common food after.”—*CADOGAN on Gout*, 8vo. 1771, p. 79.

guid, *i. e.* when the Stomach is empty, about an hour before Dinner, and in the Evening.

This agreeable Aromatic Tonic, is an effective help to concoction,—and we are under personal obligations to it, for frequently putting our Stomach into good temper, and procuring us good Appetite and good Digestion.

In low nervous affections arising from a languid circulation—and, when the Stomach is in a state of shabby debility from age—intemperance, or other causes—this is a most acceptable restorative.

N. B. TEA made with dried and bruised Seville Orange Peel, (in the same manner as common Tea,) and drank with milk and sugar, has been taken for Breakfast by *Nervous* and *Dyspeptic* persons with great benefit.



#### TINCTURE OF CINNAMON, (No. 416\*).

This excellent Cordial is made by pouring a bottle of genuine Cogniac (No. 471) on three ounces of bruised Cinnamon (Cassia will not do). This cordial restorative was more in vogue formerly, than it is now;—a teaspoonful of it, and a lump of Sugar, in a glass of good Sherry or Madeira, with the yolk of an Egg beat up in it—was called “*Balsamum Vitæ*.”

“*Cur moriatur homo, qui sumit de Cinnamomo?*”—  
 “Cinnamon is verie comfortable to the Stomacke, and the principall partes of the bodie.”

“*Ventriculum, Jecur, Lienem Cerebrum, nervosque juvat et roborat.*”—“I reckon it a great treasure for a student to have by him, in his closet, to take now and then a spoonfull.”—COGGAN’S *Haven of Health*, 4to. 1584, p. 111.

*Obs.*—Two teaspoonsful in a wine-glass of water—are a present and pleasant remedy in Nervous Languors—and in relaxations of the Bowels—in the latter case five drops of Laudanum may be added to each dose.

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#### SODA WATER, (No. 481\*.)

The best way of producing agreeable *Pneumatic Punch*, as a learned Chemist has called this refreshing refrigerant, is to fill two half-pint Tumblers half-full of Water,—stir into one 30 grains of *Carbonate of Potash*,—into the other 25 grains of *Citric \* Acid*, (both being previously finely pounded,)—when the powders are perfectly dissolved—pour the contents of one tumbler into the other—and sparkling Soda Water is instantaneously produced.

To make *DOUBLE Soda Water* use double the quantity of the Powder.

\* The flavour of *Coxwell’s Citric Acid* is much more agreeable than the *Tartaric*, which, being cheaper, is sometimes substituted for it.

*Single Soda Water* is a delightful drink in sultry weather—and may be very agreeably flavoured by dissolving a little Raspberry or Red Currant Jelly in the Water, (before you add the Carbonate of Potash to it), or a little Tincture of Ginger, (No. 411,) or Syrup of Ginger, (No. 394,) or Syrup of Lemon Peel, (No. 393,) or infuse a roll of fresh and thin-cut Lemon Peel, and a bit of Sugar in the water—or rub down a few drops of (No. 408,) with a bit of Lump Sugar, with or without a little grated Ginger;—a glass of Sherry or a tablespoonful of Brandy is sometimes added.

The addition of a teaspoonful of the TONIC TINCTURE (No. 569,) will give you a very refreshing Stomachic—and 10 drops of *Tinc. Ferri Muriati* put into the water in which you dissolve the Citric Acid—a fine effervescing Chalybeate.

*The day after a Feast*, if you feel fevered and heated, you cannot do better than drink a half-pint glass or two of *Single Soda Water* between Breakfast and Dinner.

DOUBLE SODA WATER (especially if made with warm water) is an excellent auxiliary to accelerate the operation of Aperient Medicine—and, if taken in the Morning fasting, will sometimes move the Bowels without further assistance.

If some good *Cogniac* or Essence of Ginger (No. 411) be added to it, it is one of the best helps to set the Stomach to work—and remove the distressing languor which sometimes follows hard drinking.

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### ESSENCE OF GINGER, (No. 411).

The fragrant *aroma* of Ginger is so extremely volatile, that it evaporates almost as soon as it is pounded—the fine lemon peel *goût* flies off presently.

If Ginger is taken to produce an immediate effect—to warm the Stomach—dispel Flatulence, &c., or as an addition to Aperient Medicine—the following is the best preparation of it:—

Steep three ounces of *fresh grated* Ginger, and one ounce of fresh Lemon Peel, (cut thin) in a quart of Brandy—or Proof Spirit, for ten days, shaking it up each day.

N. B. *Tincture of Allspice* for making Mulled Wine Extempore, &c., prepared in the same manner.

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### Dr. KITCHINER'S *Receipt to make* GRUEL, (No. 572).

1st. Ask those who are to eat it, if they like it THICK or *thin*; if the latter, mix well toge-



ther by degrees, in a pint basin, *one* tablespoonful of Oatmeal with three of cold water;—if the former, *two* spoonsful.

Have ready, in a Stewpan, a pint of boiling water or milk—pour this by degrees to the Oatmeal you have mixed—return it into the Stewpan—set it on the fire—and let it boil for five minutes—stirring it all the time to prevent the Oatmeal from burning at the bottom of the Stewpan—skim—and strain it through a Hair Sieve.

2d. To convert this into CAUDLE—add a little Ale—Wine—or Brandy—with Sugar—and *if the Bowels are disordered*, a little Nutmeg or Ginger grated.

*Obs.*—Gruel may be made with Broth (No. 490,) or (No. 564,) instead of Water—(to make *Crowdie*, see (No. 205\*,))—and may be flavoured with *Sweet Herbs*—*Soup Roots*—and *Savoury Spices*—by boiling them for a few minutes in the water you are going to make the Gruel with—or ZEST (No. 255)—Pea Powder (No. 458)—or dried Mint—Mushroom Catsup (No. 439)—or a few grains of Curry Powder (No. 455)—or Savoury Ragout Powder (No. 457)—or Cayenne (No. 404)—or Celery Seed bruised—or Soup Herb Powder (No. 459)—or an Onion minced very fine and bruised in with the Oatmeal—or a little Eshallot Wine (No. 402)—or

Essence of Celery (No. 409)—or (No. 413)—(No. 417)—or (No. 420), &c.

PLAIN GRUEL, such as is directed in the first part of this Recipe, is one of the best Breakfasts and Suppers that we can recommend to the rational Epicure;—is the most comforting soother of an irritable Stomach that we know—and particularly acceptable to it *after a hard day's work of intemperate feasting*—when the addition of half an ounce of Butter, and a teaspoonful of Epsom Salt will give it an aperient quality, which will assist the principal Viscera to get rid of their burden.

“*Water Gruel*” (says Tryon in his *Obs. on Health*, 16mo. 1688, p. 42,) is “the KING of *Spoon Meats*,” and “the QUEEN of *Soups*,” and gratifies nature beyond all others.

In the “*Art of Thriving*,” 1697, p. 8, are directions for preparing Fourscore Noble and Wholesome Dishes, upon most of which *a Man may live excellent well for twopence a day*: the author's *Obs. on Water Gruel* is, “that ESSENCE OF OATMEAL” makes “*a noble and exhilarating meal!*”

Dr. FRANKLIN's favourite Breakfast was a good basin of warm Gruel, in which there was a small slice of Butter with Toasted Bread and Nutmeg—the expense of this, he reckoned at three half-pence.

The first act of the important process of Digestion, Mastication, is most perfectly performed, when the flavour, &c. of our Food is agreeable to our Taste ; because, we naturally detain upon our Palate, those things which please it, and the Food we relish most, is consequently most broken down by chewing, and most intimately incorporated with the Saliva—this is the reason why what we desire most we digest best.

Here, is a sufficient answer, to the Folios which have sprung from the Pens of cynical and senseless Scribblers—on whom Nature not having bestowed a Palate, they have damned those pleasures they had not sense\* to taste, not comprehending the wise purposes for which they were given to us.

How much the business of Digestion is promoted by Mastication, has been shown by the experiments of *Spallanzani*†.

\* Men are but rarely “ framed so in the prodigality of Nature,” as to have all their senses in perfection—very few have a single one, that approximates within many degrees of it—the Eye of Raphael, the Ear of Handel, the Palate of Apicius—or the sensitive touch of the blind Girl, who could *feel Colours*—are pancratic faculties which are seldom produced.

† “ I took two pieces of Mutton, each weighing 45 grains, and having *chewed* one as much as I used to chew

To Chew long, and leisurely, is the only way to extract the essence of our food—to enjoy the taste of it, and to render it easily convertible into laudable Chyle, by the facility it gives to the gastric juices to dissolve it without trouble.

The pleasure of the *Palate*, and the health of the *Stomach*, are equally promoted by this

my food—enclosed them in two separate spheres—and swallowed them at the same time—these tubes were voided at the same time—of the masticated meat there remained only 4 grains—of the other there were 18 left.”

“*The necessity of Mastication* is sufficiently known—there is perhaps no person who has not, some time or other, suffered from Indigestion, for want of having chewed his food properly.” “The reason is obvious. Not to mention the saliva which moistens the food, and pre-disposes it to be dissolved, it cannot be doubted, that when it is reduced to pieces by the action of the Teeth, the gastric fluid penetrates, and attacking it at more points, dissolves it more speedily than when it was whole. This is true of menstrua in general, which always dissolve bodies sooner when they have been previously broken to pieces. This is also the reason why, in other experiments, masticated bread and *dressed* flesh were more readily dissolved than unchewed bread and *raw* flesh. The boiling had made it tenderer, and consequently disposed it to allow ingress to the gastric fluid.”—SPALLANZANI *on Digestion*, vol. i. p. 277.

salutary habit, which all should be taught to acquire in their infancy.

The more tender meat is, the more we may eat of it. That which is most difficult to chew, is of course most difficult to digest.

From 30 to 40 (according to the tenderness of the meat) may be given as the mean number of munches, that solid meat requires, to prepare it for its journey down *the Red Lane*; less will be sufficient for tender, delicate, and easily digestible white meats.

The sagacious *Gourmand*, will calculate this precisely,—and not waste his precious moments in useless Jaw-work, or invite an Indigestion by neglecting *Mastication*.

I cannot give any positive rules for this, it depends on the state of the Teeth\*; every one ought to ascertain the condition of these useful working tools; and to use them with proportionate diligence, is an indispensable exercise which every rational Epicure will most cheer-

\* In no branch of the practice of Physic, is there more dangerous Quackery, than in this department—the only means we can furnish our friends with to avoid this—is to recommend them to apply to a scientific Dentist of acknowledged integrity and experience.—Our own mouth is under considerable obligations to Mr. EDMONDS, of Conduit Street, Hanover Square.

fully perform, who has any regard for the welfare of his Stomach.

It has been recommended, that those whose Teeth are defective, should mince their meat—this will certainly save trouble to both Teeth and Stomach—nevertheless, it is advisable, let the meat be minced ever so fine, to endeavour to mumble it into a pulp before it be introduced to the Stomach—on account of the advantage derived from its admixture with the Saliva.

MASTICATION is the source of all good Digestion;—*with its assistance*, almost any thing may be put into any stomach, with impunity:—*without it*, Digestion is always difficult, and often impossible: and be it always remembered, it is not merely what we eat, but what we digest well, that nourishes us.

The sagacious *Gourmand* is ever mindful of his motto—

“Masticate, Denticate, Chump, Grind, and Swallow.”

The four first acts, he knows he must perform properly,—before he dare attempt the fifth.

Those who cannot enjoy a savoury morsel on account of their Teeth, or rather on account of the want of them, we refer to the note at the foot of p. 43, and also have the pleasure to



inform them, that PATENT MASTICATORS are made by PALMER, *Cutler, in St. James's Street.*

When either the *Teeth* or *Stomach* are extremely feeble, call in the aid of the *Pestle* and *Mortar*. And see Nos. 10, 18, 87, 89, 175, 178; from 185 to 250 — 542 — and especially 503. Or dress in the usual way whatever is best liked — mince it — put it into a mortar — and pound it with a little Broth or melted Butter, Vegetable, Herb, Spice, Zest, No. 255, &c. — according to the taste, &c. of the Eater. The business of the Stomach is thus very materially expedited and facilitated.

The TEETH should be cleaned after every meal with a “TOOTH PRESERVER,” (*i. e.* a very soft brush,) and then rinsed with *tepid* water — *never neglect this at night*; — nothing destroys the Teeth so fast as suffering food to stick between them — those who observe this rule, will seldom have any occasion for *Dentifrices* — *Essences of Ivory* — *Indurating Liquid Enamels*, &c.

Not even a Philosopher can endure the TOOTH-ACHE patiently — what an overcoming agony then it must be to a *Grand Gourmand*! — depriving him of the means of enjoying an amusement which to him is the grand solace for all sublunary cares. — To alleviate, and



indeed generally to cure, this intolerable pain  
— we recommend

*Tooth-ache and Anti-rheumatic Embrocation,*  
(No. 567.)

Sal Volatile — three parts.

Laudanum — one part.

Mix and rub the part in pain therewith frequently. If the Tooth which aches is hollow, drop some of this on a bit of cotton, and put it into the Tooth.— In a general Face-ache, or sore Throat — moisten a piece of flannel with it — and put it to the part affected.

It is the rage just now, with some Dentists, to recommend *Brushes so hard*, that they fetch blood like a Lancet wherever they touch. These, instead of “TEETH PRESERVERS,” should rather be termed “*Gum Bleeders.*”

N.B. To those who may inadvertently exercise their Masticative faculties, either on unworthy materials, or longer on worthy ones than Nature finds convenient, we recommend “PERISTALTIC PERSUADERS.”

THE END.